VANCOUVER metro®

NEWS WORTH SHARING.

Scaly skin?

Six foods to keep you moisturized PAGE 14

WRONGFUL PROSECUTION SUIT

Mumtaz Ladha, who was acquitted of human trafficking charges in 2013, speaks during a news conference in Vancouver on Monday. Ladha is suing the RCMP and B.C.'s civil forfeiture office, which froze access to the equity in the family's home, saying she wants to recover her reputation and financial losses. Story, page 5. DARRYL DYCK/THE CANADIAN PRESS

Vision went all out in priciest election yet

Politics. Mayor Gregor Robertson's party blew its budget and spent $3.4M during last year's campaign, records show

Vision Vancouver outspent its top rival the Non-Partisan Association by about $1 million in the most expensive election campaign in the city's history, according to Elections BC financial disclosure statements released Monday.

Mayor Gregor Robertson's party claimed city hall for the third time after spending about $3.4 million compared to the NPA's $2.4 million, sending Vision nearly $400,000 into debt to pay for the blitz of radio and television ads. Vision won the mayor's seat and control of council, but it lost power of the park and school boards.

The NPA was catching up to Vision in pre-election polling, but it didn't spend all its cash and has a $228,000 surplus. Yet the NPA won control of the park board and another seat on council.

Vision co-chairman Maria Dobrinskaya said Monday the spending was worth it in a "vicious and competitive" campaign, even though the party must raise funds to pay off its debt.

"We basically started being on the receiving end of fairly negative attacks from the NPA and we needed to respond," Dobrinskaya said. "We operated within the rules that exist, which unfortunately aren't as strict as they should be."

Spending for all local political parties, excluding the Coalition of Progressive Electors, which hasn't yet filed its statements, jumped to $5.6 million in 2014 from $5.2 million in 2011.

That's about a 180 per cent increase in spending since 2005, when the province started mulling new spending rules.

Vancouver city council has repeatedly asked the province to cap donations, limit spending, and ban union and corporate donations. The province will make some changes by 2018.

EMILY JACKSON/METRO

Earn a Median Wage of

$26.50/Hour

as a Network Administrator

Statistics from WorkBC. Low Wage: $14.00/hr. High Wage: $45.00/hr.

Complete Your Network Administration Specialist Diploma in

LESS THAN 10 MONTHS

100% Practicum Placement • Flexible Schedules

Call Today! 604-901-5121

FREE Info Sessions Wednesdays at 4:30pm, Surrey Campus

Better Training.
Brighter Future.
Brighton College.

www.brightoncollege.com

‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

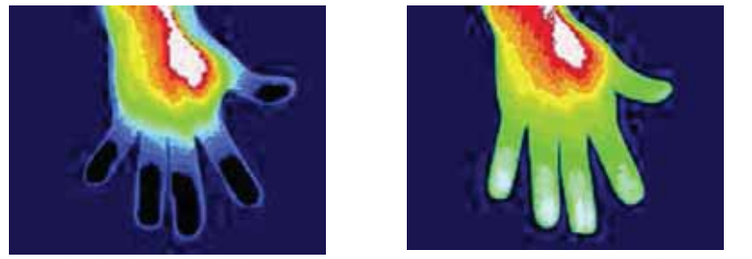
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40® daily

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body’s circulation
- Improve artery health

Hedley Enterprises Ltd.

AVAILABLE IN FINE HEALTH STORES!

Please visit www.neo40.ca or call us to find a store near you.

DISTRIBUTED BY HEDLEY ENTERPRISES 1.888.292.5660

NEWS

Sex work. Police hunt for suspect in assaults

Vancouver police are warning sex workers to be cautious after two women were violently assaulted last week.

Investigators say two sex workers were contacted online in the early hours of Feb. 19 and invited to come to an apartment in the West End.

Police say a man confined the women, both 30 years old, and sexually assaulted them.

The victims escaped and called police, but the culprit fled.

Police issued the public warning Monday and say they are now looking for 45-year-old Mark Stacy Spelrem in connection with the alleged assaults.

The suspect is described as a five-foot-11 white male with a slim build.

He has short, spiked hair dyed blond-orange and is balding in the back.

Anyone with information on his whereabouts is asked to contact police immediately.

In the meantime, police are urging sex workers, especially those working online, to use extra caution.

MATT KIELTYKA/METRO

Mark Stacy Spelrem CONTRIBUTED

One of two pygmy goats that are facing eviction from a Burnaby home. Their owner, Alexandra Lezo, is fighting to keep them in her backyard after she was handed a bylaw violation notice earlier this month. FACEBOOK

Woman trying not to let city get her goats

Burnaby. Alexandra Lezo fighting notice telling her she isn't allowed to keep two animals in backyard

THANDI FLETCHER
thandi.fletcher@metronews.ca

A Burnaby woman isn't kidding around in her fight for her pet pygmy goats after she was issued a notice last week saying she can't keep them in her backyard.

Alexandra Lezo bought the male goats, Toggy and Andy, when they were eight weeks old and has kept them in the backyard of her Burnaby home for nearly a year.

"Everybody adores them. People say it's the best part of their day when they see our goats," she told Metro. "They're just super friendly and they really add charm to the neighbourhood."

But earlier this month, Lezo said she received a bylaw violation notice from the city after someone filed a complaint about the goats. She was told her property is not zoned to permit the keeping of goats and was ordered to find a new home for the animals by March 3.

Before buying the goats, Lezo said she contacted the city of Burnaby to find out if she could own them as pets.

She said she was told to check the city's animal bylaws but couldn't find any information that said pygmy goats are prohibited from residential areas.

"I thought I was good to go," she said. "I never tried to hide my goats."

Now facing a looming eviction deadline, Lezo was expected to appear before city council Monday night to ask the city to allow the goats to stay on her property.

Lezo hopes the city reclassifies pygmy goats as pets, which will allow her to keep them in a residential zone.

The animals, which are a breed of miniature domestic goat, are commonly kept as pets in other cities, she said.

Lezo said Toggy and Andy have never bitten or scratched anyone since she bought them and love to eat treats like Cheerios and raisins from visitors.

"They're castrated and they don't have any agricultural function," she said. "They're just like dogs."

You are invited to an INFORMATION SESSION
ADMINISTRATIVE CAREERS
IN HOSPITALS INFORMATION SESSION
Nursing Unit Clerk • Hospital Clerks (Admitting/Registration Clerk; Health Records Clerk, Diagnostic Imaging Clerk; Hospital Switchboard Operator) • Medical Office Assistant
Wednesday, Feb. 25, 2015 · 7:00 pm – 9:00 pm
Stenberg College - Suite 750 -13450 102nd Avenue, Surrey (Central City Tower)
Please RSVP by email to rsvp@stenbergcollege.com or by tel: 604-634-0384
Faculty, Industry & Alumni speakers · Q & A · Refreshments & Networking with employers
All attendees will receive $250 Bursary for next start (Cannot be combined with other offers)
STENBERG COLLEGE 604-580-2772 · stenbergcollege.com

Appeal. Officer's proposed dismissal up for final review

A B.C. police officer charged with professional misconduct is filing a final appeal in a last-ditch attempt to keep his job.

Const. Felipe Gomes of the Delta Police Department faces four charges of deceit and one of neglect of duty.

The Office of the Police Complaint Commissioner says the complaints relate to concerns over the integrity of the officer's notes as well as claims he made to professional standards investigators.

In February 2013, Delta police reached out to the police complaint commissioner's office and asked for a formal investigation. After a series of reviews conducted by the police professional standards office, Chief Const. Jim Cessford concluded the allegations had been proven and recommended that Gomes be dismissed.

Gomes allegedly failed to keep accurate police records, said a report by commissioner Stan Lowe. The report also said Gomes misrepresented the timing of his notetaking on multiple occasions and damaged a police notebook and threw it in the garbage without telling his supervisor.

"The allegations of deceit are the most serious," said Deputy Police Complaint Commissioner Rollie Woods.

"Those are the ones that would cause concern for the chief constable in making his decision."

The commission found that a separate charge of damage to police property against Gomes was unsubstantiated.

The report also said Gomes took issue only with the disciplinary measure recommending his dismissal, not with the specific allegations of misconduct.

THE CANADIAN PRESS

Vancouver police Const. John Braithwaite demonstrates body-worn camera equipment on Wednesday. MATT KIELTYKA/METRO

CAN WE
BUY YOU
A DRINK?
Turn your Starbucks Card into a rewards card for your favourite food and drinks on us.
Get a free drink when you join our loyalty program at Starbucks.ca/rewards.
MY STARBUCKS
REWARDS
At participating stores. Some conditions apply. © 2014 Starbucks Coffee Company. All rights reserved.

B.C. should pursue body cams: Officials

Review. Vancouver police have already experimented with body-worn cameras

MATT KIELTYKA
matt.kieltyka@metronews.ca

An all-party special committee made up of MLAs recommends British Columbia "aggressively pursue" body-worn cameras for police officers.

The recommendation stems from a review of the Independent Investigations Office released Monday afternoon.

In the report, the committee says equipping police in the province with cameras is "a really practical suggestion" that would assist the civilian-led police watchdog (established in 2011 to investigate incidents of serious harm and death involving police) with its investigations.

"Members concluded by strongly supporting the use of body-worn cameras in B.C., and calling on government in the consultation with police and non-police stakeholders to aggressively pursue the steps necessary to implement the use of body-worn cameras by B.C. police members," the report reads.

The report, authored by eight MLAs, says other jurisdictions have successfully outfitted their officers with cameras and that doing so in B.C. is "feasible and would benefit law enforcement and citizens alike."

Vancouver police have already experimented with body-worn cameras.

Several officers were equipped with consumer-bought cameras in October while police enforced an injunction order to clear the homeless camp at Oppenheimer Park.

Police in Edmonton and Calgary have already tested body-worn cameras, as has the RCMP.

Hundreds of officers in Toronto will be next to test the devices in May.

However, the B.C. Civil Liberties Association is warning against an aggressive approach to implement the technology due to outstanding safety and privacy concerns.

"People start with the perception that video adds so much to the accountability of police," said BCCLA policy director Micheal Vonn.

"And it has certainly helped. Start with (Robert) Dziekanski and go from there. But what happens is there are a lot of questions that come into play and it becomes quite difficult for anyone to create an actual policy."

Guidelines set out by federal and provincial privacy commissioners last week also caution policy-makers to take a slow, thoughtful and deliberate approach when it comes to body-worn cameras.

A statement from the Ministry of Justice provided to Metro says the government will "take the time necessary" to consider the special committee report's recommendations and implications.

Acquitted of human trafficking, woman sues RCMP for damages

West Vancouver.
Accused in 2011, woman says Mounties glossed over 'outright lies' in testimony

A West Vancouver woman is suing the B.C. and federal governments after being acquitted of human trafficking charges, saying her family has suffered for years under the spotlight of the serious accusations.

Mumtaz Ladha broke down Monday as she announced a lawsuit against the RCMP and B.C.'s director of civil forfeiture for alleged damages to her finances and her reputation resulting from what she described as a wrongful criminal prosecution.

"What we have been through, what my family has been through, financially, emotionally, in every aspect … I wouldn't wish that to happen to any human being, to any Canadian, ever," she told a news conference.

In 2011, Ladha was accused of human trafficking and human smuggling after she brought a young Tanzanian woman to Canada to work in her multimillion-dollar home.

Ladha was acquitted of the charges in 2013.

"Because human trafficking is such a terrible crime it's also a terrible wrong for the RCMP to accuse a completely innocent person," said her lawyer, David Martin.

He alleged the RCMP were negligent and misleading in their investigation, adding that police lacked objectivity and either ignored or glossed over inconsistencies and "outright lies" in the complainant's testimony.

Ladha is seeking compensation for direct, out-of-pocket expenses, which Martin said total in the millions, as well as an award for defamation and punitive damages.

"They need to somehow absorb their duty of objectivity and independence that was so cast aside in this case," Martin said.

In 2011, RCMP accused Ladha of confiscating the complainant's passport and forcing her into domestic servitude and starvation.

Ladha was cleared of any criminal wrongdoing in November 2013 after a B.C. Supreme Court judge concluded the allegations were improbable.

Martin said the director of the B.C. Civil Forfeiture Office is named in the suit for relying on the RCMP investigation to file a "negligent and malicious claim" on the family's home, worth about $3 million then.

Ladha said she was forced to sell the house to pay her legal fees.

The B.C. Civil Forfeiture Office has come under fire over concerns that it has expanded beyond its original function to seize property involved with or bought through the proceeds of unlawful activity. No criminal charge or conviction is needed for a government forfeiture. THE CANADIAN PRESS

Mumtaz Ladha, right, who was acquitted of human trafficking charges in 2013, and her lawyer David Martin leave after a news conference in Vancouver on Monday. DARRYL DYCK/THE CANADIAN PRESS

COPE failed to file disclosures, says Elections BC

COPE mayoral candidate Meena Wong, right, filed her individual disclosure statements on time. EMILY JACKSON/METRO

The Coalition of Progressive Electors failed to file its financial disclosure statements for the 2014 civic election, but it can still do so by March 16 if it pays a $500 late fee, according to Elections BC.

If COPE misses the second deadline, the once-dominant left-wing party risks losing its status as an electoral organization. That means it would be disqualified from endorsing candidates, accepting campaign contributions or incurring election expenses in the next municipal election in 2018, according to the Local Elections Campaign Financing Act.

It's not clear why COPE missed the deadline. The party's treasurer, financial agent and co-chairman did not return requests for comment by deadline on Monday. Mayoral candidate Meena Wong — she filed her individual disclosure statement on time and reported spending $45,834.76 — could not be reached either.

The party has been in turmoil since December, when its financial agent threatened to quit and accused the party of sloppy accounting and accepting developer donations.

Quoted

"COPE will be there next election. The question is whether it will be inspiring. Will it be a safe place for activists to feel like they're getting stuff done?"
COPE board member Tristan Markle

A campaign manager resigned over the ordeal, but infighting appears to persist over returning the donations. COPE returned $3,000, but it didn't have the cash to pay the rest back.

COPE board member Tristan Markle, however, is confident that COPE will file its statements by the March deadline.

"These things are within our ability to resolve rather easily if we're working together well," Markle said, adding the numbers are tiny compared to the millions spent by Vision and the NPA. EMILY JACKSON/METRO

Politics

NDP say Kwantlen paid lobbyist to connect with Grits

B.C.'s New Democrats say documents reveal Kwantlen Polytechnic University paid a Liberal-connected lobbyist $177,000 to build relationships with the Liberal government.

NDP advanced education critic Kathy Corrigan says documents, obtained through freedom of information, suggest the university wasted money.

She says former advanced education minister Amrik Virk was serving as a volunteer board member at the university when Kwantlen hired a lobbyist from the Bluestone Group in 2009. THE CANADIAN PRESS

East Vancouver

Car sought after hit-and-run

Police have released photos of a car believed to be involved in a hit-and-run on Vancouver's east side earlier this month. The accident broke the pelvis and two legs of a 66-year-old man. THANDI FLETCHER/METRO

The white, four-door 2000 or 2001 Nissan Altima likely has front-end damage, police said. CONTRIBUTED

Dawson Creek

Man abducted, shot multiple times stable: RCMP

A man who RCMP say was abducted then shot several times at a rural property near Dawson Creek before dragging himself to safety is in stable condition.

The 26-year-old remains in hospital after officers say he was forced into a pickup truck by multiple people late Friday night, and then taken to the property where he was shot several times.

Mounties say the wounded man escaped early Saturday and managed to pull himself to a nearby road, where he was picked up and taken to hospital in Dawson Creek. THE CANADIAN PRESS

B.C. patients ask Federal Court to overturn new medical pot regime

Marijuana. Lawyer says patients forced to choose 'between their liberty and their health'

A lawyer representing four patients has told a Federal Court judge that Canada's new rules governing medical marijuana violate the charter. DARRYL DYCK/THE CANADIAN PRESS

The federal government's decision to prevent Canadians from growing their own medical marijuana and instead forcing them to buy it from commercial producers has robbed them of affordable access to medicine, says a lawyer for a group of patients.

John Conroy, who is representing four people challenging last year's changes to the medical-marijuana system, told Federal Court that some patients have been left with little choice but to run afoul of the law, either by continuing to grow their own pot or purchasing it on the black market.

"The patients continue to be placed in a situation where they have to choose between their liberty and their health," Conroy said Monday.

He argued that such a choice violates the charter and asked a judge to order the government to allow patients to continue growing their own medical marijuana.

Patients whose doctors prescribe marijuana have had legal access to the drug in Canada since 2001, when the government introduced regulations in response to a court decision. Under that regime, patients could either grow their own marijuana, designate someone to grow it for them or buy it directly from Health Canada.

The Conservative government overhauled the system last year, shifting production from patients' basements to large-scale commercial operations.

Patients immediately launched a constitutional challenge of the updated regulations, and many have been able to continue growing under the terms of a temporary court injunction.

Conroy said marijuana sold by commercial producers is too expensive for some patients, who can't always find the specific strains that work for them.

THE CANADIAN PRESS

Order online at virginmobile.ca, call 1.855.BE.VM.VIP or stop by to say hi.

Virgin mobile THE SOURCE WIRELESSWAVE Tbooth wireless WIRELESS etc...

Group home could await Li

Vince Li, who beheaded Tim McLean on a Greyhound bus, pictured at a court appearance in 2008. Li's psychiatrist is recommending Li be moved from a mental hospital to a community group home in Winnipeg. Dr. Steven Kremer told a Criminal Code board review hearing Monday that Li has shown "profound improvement" and is at low risk to reoffend. Risk assessments done by several other doctors came to the same conclusion, the board heard. JOHN WOODS/THE CANADIAN PRESS FILE

Measles cases highlight importance of vaccines

MMR vaccination. Retired pediatrician Dr. Frank Jagdis recalls how the disease spread through populations of kids 'like wildfire'

Dr. Frank Jagdis knows measles. As a medical student in the pre-vaccination 1960s and later as a practising pediatrician in Victoria, he saw the toll that measles took on children who came down with the viral infection.

"Measles was commonplace in those years," says Jagdis, 71, who retired from practice four years ago. "We saw a lot of measles. And we saw measles complications as well."

The disease is marked by a splotchy-looking rash on the face and body, runny nose, sore throat and dry cough. Conjunctivitis leaves the eyes red, sensitive to light and in some cases can cause corneal abrasions.

"They were very miserable," Jagdis says of the kids he saw. "The majority of them had fevers, and they did have good high fevers — 40 degrees."

While most young patients recovered from the disease, some developed complications.

"The most dreaded complication was encephalitis, which happened in about one in 1,000 (cases)," he says. "They get swelling of the brain, they can become comatose, they can get seizures and be left with permanent epilepsy if they survive."

Not all children did survive, recalls Jagdis. Some died as a result of encephalitis, others from bacterial pneumonia — another common complication of measles.

"People tend to forget the ones who died. That mortality is significant," he said. "You look at the public health statistics, then you get an appreciation of what the mortality is."

Prior to 1970 when the MMR (measles, mumps and rubella) vaccine came into widespread use, the country often recorded tens of thousands of measles cases each year, according to Public Health Agency of Canada figures.

"Measles spreads like wildfire," he says. "It's one of the most contagious illnesses that we have, and that's one of the concerns."

The disease is transmitted when an infected person coughs or sneezes, sending virus-laden droplets into the air. The contagious period lasts about eight days, and 90 per cent of un-immunized people who come in contact with a measles case will become infected themselves, say the U.S. Centers for Disease Control.

Public-health programs aim to immunize at least 95 per cent of the population through vaccination, says Dr. Natasha Crowcroft, chief of infectious diseases at Public Health Ontario. THE CANADIAN PRESS

Development

The MMR vaccine was introduced under the provincial universal coverage programs.

- **Administering MMR.** At first children were given one dose between 12 and 15 months of age.
- **Failure rate.** One shot proved ineffective, with one in 20 kids not being able to make protective antibodies to protect themselves from the measles. This allowed them to contract and spread it to others.
- **Two shots.** In the 1980s Canada and other countries began giving two doses — the second one given between the age of four and six.

$45/mo. GOLD PLAN GETS YOU:
• UNLIMITED Weekends & Evenings from 5pm
• UNLIMITED Text & Picture Messaging across Canada & to the US
• UNLIMITED International Texting
• 300 Canada-Wide Minutes
• 300 MB of Data
• Voicemail & Call Display
Samsung GALAXY S4
$0*
Virgin mobile
IT'S BETTER TO BE A MEMBER

Limited time offer. Services available with compatible devices. Available with new activation. One-time connection charge ($15) may apply. *SIM card charge extra ($4.99). Monthly government 9-1-1 fees apply in AB (44¢), NL (75¢ – effective Mar. 1/15), NB (53¢), NS (43¢), PEI (70¢), SK (62¢) and QC (40¢). Taxes extra. Offer and Member Benefits subject to change/cancellation at any time without notice. If you cancel your Commitment Period early, an Early Exit Charge will apply. See your Agreement for details. Unlimited Text & Picture Messaging is only valid when message is sent from Canada. Text messages sent within the U.S. or internationally, premium text messages, text alerts, messages sent with an instant messaging application and dial-up messages are not included in any plan and cost extra. Canada-Wide Calling applies to calls made from Canada to a Canadian number or calls received from any number while you are inside Canada. Additional minutes are 50¢/min. Long distance charges on calls to the U.S. are 50¢/min in addition to your local per minute rate. Additional data is $5/100 MB. Screen image simulated. Phones and some colours may not be available at all retailers. Other restrictions apply; see virginmobile.ca for details. © 2015 Samsung Electronics Canada, Inc. All rights reserved. Samsung and Samsung Galaxy S4 are trademarks of Samsung Electronics Canada, Inc., and/or its related entities, used with permission. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under license. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. © 2015 Virgin Mobile.

Propaganda definition too broad in terror bill: Experts

A federal proposal, to scrub terrorist propaganda from the Internet, risks the deletion of speech that has no ties to violent threats, says a new analysis.

The definition of propaganda in the government anti-terrorism bill is dangerously broad, law professors Craig Forcese and Kent Roach say in their paper.

The bill, introduced late last month, proposes giving the RCMP power to seek a judge's order to remove terrorist propaganda from websites.

Forcese, of the University of Ottawa, and Roach, who teaches at the University of Toronto, say while they support the idea in principle, it should be rooted in actual or threatened violence.

Conservatives brought in the bill — which would also significantly expand the powers of Canada's spy agency — following the daylight murders of two Canadian soldiers last October.

The Canadian Security Intelligence Service would become an agency that tries to derail terror plots, not just one that collects and analyzes information. The bill would create a new criminal offence of encouraging someone to carry out a terror attack.

The New Democrats oppose the bill, calling it a serious infringement on civil liberties that will not be effective in reducing terrorism.

The Liberals have agreed to support it with the caveat that they will bring in stronger oversight of the intelligence agencies should they form the next government.

In the House of Commons, Public Safety Minister Steven Blaney said the jihadi extremists' threat is real.

"That is why we need to move on and put measures in place to keep Canadians safe," he said. **THE CANADIAN PRESS**

Two plead guilty to killing homeless Nova Scotia man

Two Nova Scotia men who doused a homeless man with gas and set him on fire with a cigarette lighter while he was sleeping in a bus shelter pleaded guilty Monday to second-degree murder.

The Crown read a summation of an agreed statement of facts in Harley Lawrence's death after Daniel Wayne Surette and Kyle David James Fredericks entered their pleas.

Lawrence, 62, was found in a burned out bus shelter on Oct. 23, 2013, in Berwick, a small town about 120 kilometres northwest of Halifax. Six months later, Surette, 27, and Fredericks, 25, were charged with first-degree murder.

A preliminary hearing for Surette and Fredericks began earlier this month, but their defence lawyers agreed Monday to proceed with a trial in Nova Scotia Supreme Court in Kentville, where they pleaded guilty to the reduced murder charge with the Crown's consent.

The two men face a life prison term with no chance of parole until at least 10 years is served. A sentencing hearing has been scheduled for April 28. **THE CANADIAN PRESS**

Quoted

"I hope the family can find some closure."

Daniel Wayne Surette, one of two men who pleaded guilty to second-degree murder in the death of a homeless man.

Leaks

Policy tightens lid on federal cabinet secrets

The Conservative government has tightened the lid on federal cabinet secrets in an effort to prevent compromising leaks. A revised policy on the security of so-called cabinet confidences requires all possible breaches — "however slight" — to be reported immediately to the Prime Minister's Office or the Privy Council Office. **THE CANADIAN PRESS**

Mohamed Fahmy

Journalist's retrial postponed

A Canadian journalist who had been imprisoned for more than a year in Egypt expressed frustration Monday as his retrial on widely denounced, terror-related, charges was postponed. After a brief hearing in a Cairo court, Mohamed Fahmy and his Egyptian colleague had their case put over to March 8. Outside court, Fahmy called his retrial "a circus." **THE CANADIAN PRESS**

Left to right: Aileen Joseph, Sue Martin, Nancy Britian and Beverly Jacobs take part in a national candlelight vigil to honour missing or murdered aboriginal women on Parliament Hill in 2009. Martin's daughter, Terrie, was killed in Calgary in 2002, and no one has been charged for the crime. A roundtable dedicated to addressing the key themes of the issue, including prevention and awareness, will be held in Ottawa on Friday. FRED CHARTRAND/THE CANADIAN PRESS

Roundtable set to address missing, murdered women

Aboriginal issues. Groups and activists still pushing for national inquiry

Every year on April 29, Sue Martin marks her daughter Terrie's death by holding a vigil where she cooks and invites family members over to pray and share stories about loved ones.

Terrie was 24 when she was murdered in her Calgary home in 2002 while her children were in their rooms. She had been severely beaten, but to this day no one has been charged for the crime.

Martin believes there need to be tougher laws and more police resources to deal with killings involving aboriginal women like her daughter.

"We need more education for our women, and more safe places for our women to go," Martin said, referring to shelters for female aboriginals.

Those are some of the things Martin wants to see come out of Friday's roundtable in Ottawa on missing and murdered aboriginal women. The roundtable will bring together representatives from the provinces and territories, national aboriginal groups, and the federal government — two delegates from each group will be at the table.

The aboriginal groups attending include the Assembly of First Nations, the Congress of Aboriginal Peoples, and the Native Women's Association of Canada. Aboriginal Affairs Minister Bernard Valcourt and Status of Women Minister Kellie Leitch have also said they'll be participating. The roundtable is being held amid repeated calls for a broader national inquiry.

Prime Minister Stephen Harper's government is instead devoting $5 million a year for five years toward an "action plan" to end violence against aboriginal women, and says a national missing persons DNA index will also help address the problems.

Betty Ann Lavallee, national chief of the Congress for Aboriginal Peoples, who will be at the table Friday, represents one such group.

"Who knows. There's a federal election coming up. Maybe the next time around there will be a better understanding and sympathy toward what a lot of these (missing and murdered) women when through, and hopefully see the rationale for a national inquiry," Lavallee said in an interview.

Dawn Harvard, interim president of the Native Women's Association of Canada, noted that provincial leaders such as Premier Kathleen Wynne understand the missing and murdered aboriginal women's issue is "a crisis" even though the federal government doesn't see things that way.

"How do you have these (different) views of reality?" asked Harvard, a member of the Wikwemikong First Nation on Manitoulin Island, who will also be at the table Friday. **TORSTAR NEWS SERVICE**

Report

Last May, the RCMP released a report that found between 1980 and 2012 there were 1,181 police-recorded incidents involving missing aboriginal females and homicides of aboriginal females.

- Most of the homicides were committed by men who knew their victims, the report said.
- The roundtable will address key themes including, prevention and awareness, police and justice system responses, and "community safety plans and protocols."

Charter challenge brought against new voter ID laws

Two advocacy groups are asking the courts to set aside new Conservative election rules that they say will make it more difficult for thousands of Canadians to vote in this year's federal election.

The Council of Canadians and the Canadian Federation of Students have filed evidence to support a constitutional challenge of last year's legislation, dubbed the Fair Elections Act by the Harper government.

"The very legitimacy of the government is at issue if these rules stand, in our submission," lawyer Steven Shrybman told a news conference Monday.

The groups say new voter identification rules contravene Section 3 of the charter, which states everyone has the right to vote, as well as the equality provisions in the Constitution.

The Fair Elections Act was introduced last February to near-universal condemnation from electoral experts from across Canada and abroad, and the Conservatives eventually removed a number of the most contentious aspects of the bill before rushing it through the House of Commons and the Senate.

However the new rules still forbid voters from using the Elections Canada voter identification card as proof of residency — although some 400,000 voters used the cards for this purpose in the 2011 federal election. **THE CANADIAN PRESS**

Northeastern Nigeria

Girl suicide bomber kills four others

A girl as young as 10 blew herself up in a busy market in northeastern Nigeria, killing herself and four others and fueling fears Islamic extremists are using kidnapped girls as suicide bombers.

There was no immediate claim of responsibility for the attack Sunday, which also seriously wounded 46 people, but it bore the hallmarks of Boko Haram.

The girl, who appeared to be no more than 10 years old, got out of a tricycle taxi in front of the busy cellphone market in Potiskum then detonated her explosives, according to Anazumi Saleh, a survivor of the attack who suffered head injuries.

THE ASSOCIATED PRESS

Bangladesh

Death toll rises after river ferry disaster

The death toll from a weekend ferry disaster in central Bangladesh rose to 70 on Monday, as divers finished their search after the vessel was lifted to the surface and towed to shore.

A local government administrator, Rasheda Ferdousi, said the area of the river around the accident site was still being monitored because some passengers were still missing. He did not give an exact number.

"Our people are using boats to survey the river for any dead bodies," Ferdousi said.

THE ASSOCIATED PRESS

Ukraine

Continued rebel attacks prevent weapons pullback

Ukraine delayed a promised pullback of heavy weapons from the front line Monday, blaming continuing attacks from separatist rebels in eastern Ukraine.

Under a peace agreement reached Feb. 12, both sides are to withdraw their heavy weapons 25 to 70 kilometres back to create a buffer zone. Ukrainian officials said Sunday they were planning to start.

However, military spokesman Lt. Col. Anatoliy Stelmakh told reporters on Monday the pullback will not begin until rebel attacks stop entirely.

THE ASSOCIATED PRESS

U.S. and Iran talk nuclear

Tehran. Iranian officials say they don't want arms, just enrichment for energy, medical and scientific purposes

Edging toward a historic compromise, the U.S. and Iran reported progress Monday on a deal that would clamp down on Tehran's nuclear activities for at least 10 years but then slowly ease restrictions on programs that could be used to make atomic arms.

Officials said there were still obstacles to overcome before a March 31 deadline, and any deal will face harsh opposition in both countries. It also would be sure to further strain already tense U.S. relations with Israel, whose leaders oppose any agreement that doesn't end Iran's nuclear ambitions.

Israeli Prime Minister Benjamin Netanyahu is expected to strongly criticize the deal in an address before Congress next week.

Still, a comprehensive pact could ease 35 years of U.S-Iranian enmity — and seems within reach for the first time in more than a decade of negotiations.

"We made progress," U.S. Secretary of State John Kerry said as he bade farewell to members of the American delegation at the table with Iran. More discussions between Iran and the six nations engaging it were set for next Monday, a senior U.S. official said.

Iranian Foreign Minister Mohammad Javad Zarif said the sides found "a better understanding" at the negotiating table.

Western officials familiar with the talks cited movement but also described the discussions as a moving target, meaning changes in any one area would have repercussions for other parts of the negotiation.

The core idea would be to reward Iran for good behaviour over the last years of any agreement, gradually lifting constraints on its uranium enrichment and slowly easing economic sanctions.

Iran says it does not want nuclear arms and needs enrichment only for energy, medical and scientific purposes, but the U.S. fears Tehran could re-engineer the program to produce the fissile core of a nuclear weapon.

THE ASSOCIATED PRESS

Sinkhole in Naples, Italy, forces 380 to leave area

This photo taken Sunday shows a view from above of the chasm that opened Saturday and enlarged in the night, forcing about 380 people to leave the Pianura district of Naples, Italy.

THE ASSOCIATED PRESS

Missing. Three U.K. girls possibly headed to Syria

Turkish police searched Monday for three missing British schoolgirls believed to be headed to Syria to join the Islamic State of Iraq and the Levant (ISIL) extremist group as their frightened families issued urgent pleas begging the girls to return home.

The girls, said to be "straight-A students" from the same east London school, disappeared last Tuesday without leaving any messages. Authorities said they boarded a Turkish Airlines plane to Istanbul.

The relatives of Shamima Begum and Amira Abase, both 15, and Kadiza Sultana, 16, broke down in tears as they spoke of their fears on TV.

"We miss you. We cannot stop crying," said Abase Hussen, Amira's father, clutching a teddy bear Amira gave to her mother on Mother's Day. "Please think twice. Don't go to Syria."

The case has captured wide attention in Britain, where authorities say at least 500 people have left for Syria to join extremists and fear they pose a terrorism threat when they return.

THE ASSOCIATED PRESS

France. Six barred from travel to join extremists

France has barred six people from leaving the country because they wanted to join extremists in Syria, the first such travel ban under a new law aimed at keeping French radicals from gaining violent experience abroad.

Interior Minister Bernard Cazeneuve says some 40 others will face travel bans in the coming weeks. He did not name the six.

The bans issued Monday are the first since a sweeping anti-terrorism law passed last year. The government is especially worried since attacks in Paris last month killed 20 people, including three gunmen claiming ties to Islamic extremists in Syria and Yemen.

An Interior Ministry official says the passports and ID cards of the six have been declared invalid for six months, a measure that can be extended for up to two years.

THE ASSOCIATED PRESS

MOTORINO Electric
COMMUTING IS FUN WITH MOTORINO ELECTRIC
Rigid XPd
Classic XPn
Foldable LTf
Powerful LTi
No Driver's license or registration required
The rider must be over 16 years old
QUALITY, PERFORMANCE, STYLE
WWW.MOTORINO.CA
336 W 2nd Ave, Vancouver, BC, Tel: 604 331 0555
Over 30 locations across Canada

Sharing economy creating 'tax cheats'

Molly Maid president Kevin Hipkins (not pictured) says tech-based 'disruptive' companies like Handy, HomeJoy or TaskRabbit are merely ways to evade taxes — getting around the employer-employee rule by calling their workers subcontractors. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Underground economy. Tech companies like Uber are emerging in other sectors such as cleaning services

The sharing economy might be getting lots of buzz, but Kevin Hipkins thinks it's just creating "a culture of tax cheats." Hipkins, president of Molly Maid, a Mississauga-based cleaning-services company, says these new "disruptive" tech companies such as Handy and Homejoy, funded through the deep pockets of venture capital, are not playing by the rules.

Because these companies consider the cleaner, handyman or furniture assembler to be independent contractors, they're not employees, and therefore not subject to significant employer contributions for items such as employment insurance or Canada Pension Plan.

Molly Maid, with about 1,200 employees, operating in all provinces except Quebec, ends up at a disadvantage when it comes to its profit model compared to these new companies, Hipkins said.

He concedes that cleaning services and cleaners have long represented a huge chunk of the underground economy — some estimates peg it at more than $3 billion a year in Canada.

Hipkins believes there's a difference when it's a small under-the-table arrangement between a client and individual cleaner, versus a large U.S. company with millions in market capitalization.

Handy, which launched in Toronto last April and in Vancouver in June, says it is absolutely not evading taxes.

"Handy aims to be compliant with all local laws irrespective of jurisdiction," the company said in an email, arguing the Handy model allows professionals to choose their hours, work and schedule.

Homejoy, a California-based company, was operating in Toronto but suspended service there late last year. It did not respond to a request for comment.

TORSTAR NEWS SERVICE

Market Minute

DOLLAR 79.52¢ US (-0.19¢)

TSX 15,200.26 (+28.02)

OIL $49.45 US (-$1.36)

GOLD $1,200.80 US (-$4.10)

Natural gas: $2.879 (-7.2¢)
Dow Jones: 18,116.90 (-23.60)

If you're feeling ...

Stressed Anxious Low

Bounce Back can help!
It's a free program.
www.bouncebackbc.ca • 1-866-639-0522

Canadian Mental Health Association British Columbia Mental health for all

BounceBack™ reclaim your health

Talk to your doctor about this free self-help program

Self-help program with DVD, skill-building workbooks and telephone coaching for adults with mild to moderate depression. Coaching available in English, French, Cantonese and Punjabi.

SFU SIMON FRASER UNIVERSITY ENGAGING THE WORLD

SFU SURREY'S GLOBAL COMMUNITY
OPEN HOUSE 2015
MARCH 4, 2015 | WEDNESDAY | 4:30PM - 8:30PM
WWW.SFU.CA/SURREY/OPENHOUSE
REGISTER NOW for your chance to WIN an iPad mini*!

*Restrictions may apply.

STUDY AND GO ABROAD® FAIRS
STUDY • TRAVEL • WORK • VOLUNTEER

WEDNESDAY
FEB 25
VANCOUVER

VANCOUVER CONVENTION CENTRE
2 pm - 6 pm

SEMINARS start at 1 pm

www.studyandgoabroad.com

VOICES

TALKING TECHNOLOGY, TRANSPORTATION

For many Vancouverites, the innovations that matter are those that allow us to live without cars, or with them, but in a new way

YOUR RIDE
Karen Quinn Fung

For many of us, technology for transportation has been synonymous with changes to cars — making them faster, safer, cleaner and maybe, eventually, making them self-driving.

But for growing numbers of residents around the region, the technologies that matter are those that allow us to live either without cars or to live with them differently than we may have expected in the past.

A few things are spurring this.

The rapid uptake of smartphones is one. Another is the resurgence of interest in urban living that allows us to more consistently realize the benefits of walking, cycling and using public transit.

Many of us may already be familiar with the first wave of these tools — car-sharing, bike-sharing, hailing taxis using our phones, real-time bus tracking and electronic fare cards.

Some further innovations on the horizon are likely to continue shaking up the picture of transportation options.

This spring sees the long-awaited release of the Copenhagen, a rear bike wheel that boosts a standard bicycle with electric-assist, without the battery bulk and price tag associated with existing equivalents. It has an added option for users to anonymously share data about how people are using their bikes with urban planners — facilitating data-driven decision-making for better facilities.

A man talks on a cellphone while riding a bicycle in downtown Vancouver on Thursday. JENNIFER GAUTHIER/METRO

Locally, a company called VeloMetro has received attention for its mobility concept consisting of VeloCars: three-wheeled, human-powered vehicles with electric-assist, equipped with enclosures suited to our rainy climes and cargo-carrying capacity. VeloCars are anticipated to launch in Vancouver with a member-accessible fleet by sometime in 2016.

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
vancouver@metronews.ca

Taken alone, neither of these may seem to hold a candle to the flying cars we were told would be the sign of progress. But alongside the choices available now, these new technologies allow people to be more deliberate in trading off time and money against other needs and goals in their lives as they change.

In a hurry today, but have time to squeeze in a stroll tomorrow? Need to carry something on the way there, but travelling lighter on the way back?

There are options for those scenarios. This is of particular interest to transportation policymakers, carefully eyeing our limited road space and the inefficiencies of parking.

No two trips or travellers are the same. As blunt an instrument as it is, full-time vehicle ownership, insurance and maintenance will certainly still have its appeal or suit the situation for some.

But for many others, these new options are increasingly necessary and beneficial for moving through our region on our own terms without breaking our pocketbooks, our health or our environment.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

When it comes to Gay-Straight Alliances, language matters

PAM KRAUSE
readers@metronews.ca

Language is important when discussing sexuality — and in a situation where we're trying to promote openness, being vague with the name of Gay-Straight Alliance clubs could backfire.

There have been a lot of conversations about GSAs in schools. Should they be mandatory, can schools opt out of them, and why are they necessary? Most recently, debate sprung up about what they should be called, with some schools in Alberta advocating for the term "diversity clubs."

Dropping terms such as gay, bisexual and lesbian further alienates an already marginalized group of teens by reinforcing the idea that different sexual orientations are something of which to be ashamed.

Gay-Straight Alliances (GSAs) have existed in North America since 1989 and are instrumental in creating a safer school environment. The clubs work specifically with LGBTQ youth, their allies and supportive teachers to create a safer space for teens, offering advocacy, support or education and awareness.

GSAs generally follow a guideline and there have been tool kits developed on what makes a GSA.

Decades of research and practice have given schools a recipe for ensuring a GSA can impact school culture in a positive way for all students.

It is critical that GSAs exist as a separate club devoted to LGBTQ culture. If we were to call these groups "diversity" clubs — a term that is vague and could suggest diversity of gender, ethnicity or ability — we'd be overlooking the unique experiences of what it means to be an LGBTQ youth.

And those experiences are indeed unique. In 2009, a Canadian Study by the human rights charity Egale found that three-quarters of LGB students and 95 per cent of transgender students felt unsafe at school, compared to only 20 per cent of straight students. GSAs have been instrumental in improving those numbers for LGBTQ teens. Research shows that the existence of GSAs in schools reduces the fear of discrimination among LGBTQ students, that there is less homophobic language in school hallways. More LGBTQ youth in GSA schools report knowing a teacher with whom they can talk safely.

Because these clubs are so important in promoting a feeling of inclusiveness for LGBTQ teens, and in promoting a sense of dialogue and understanding within the school community, we need to take them seriously.

We need to focus on building acceptance, and not simply settling for tolerance in our communities. Building safe communities for LGBTQ youth through healthy, open and honest Gay-Straight Alliance clubs is an important place to start. Beginning with their names. Because language matters.

Pam Krause is the president and CEO of the Calgary Sexual Health Centre

metro

Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Vice-President & Editor-in-Chief, Metro English Canada** Cathrin Bradbury • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, Features** Amber Shortt • **Managing Editor, Canada, World, Business** Matt LaForge • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Carolyn Sadler • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Gisele Bundchen is reportedly not happy about husband Tom Brady's plans to get into acting, as she wants him all to herself. GETTY IMAGES

Gisele's not ready to let Hollywood have Tom

Hey Tom Brady, you were just named the NFL's Super Bowl MVP. What are you going to do now? Head for Hollywood, apparently. According to the fine, reputable folks at Star magazine, Brady is reportedly mulling over an acting career once he retires from football because why not? "At 37, Tom knows he only has a few seasons left before retirement. He's thinking ahead and believes he could become a huge movie star," a source says. "He's used to being a superstar. After winning the Super Bowl again, he's thinking about new challenges outside of football." Only one problem, though. His wife, Gisele Bundchen, is said to be not so hot on the idea, if only because of him potentially spending time on screen with attractive female co-stars. But let's not get ahead of ourselves, right?

Kylie and Tyga are more off than on

Tough breaks for Kylie Jenner. The 17-year-old reality personality has been "crying all week" over the state of her relationship with 25-year-old rapper Tyga, according to Radar Online. "She is afraid that Tyga is going to break up with her," a source explains.

And with good reason, I'd imagine, since Tyga himself said they aren't dating. And he's apparently been getting pressure from his management team to keep his distance from Jenner, which may or may not have something to do with the stink Amber Rose was raising about the pairing last week. "Tyga's advisers have told him to not be spotted out in public with Kylie doing anything romantic, including holding hands, or kissing," the source says. "Tyga has tried to reassure Kylie that they are solid, but she has her doubts." And now I'm off to feel terrible about myself for spending this much time focusing on the dating life of a 17-year-old. Toodles!

Kylie Jenner GETTY IMAGES

Duff's divorce is proceeding at a snail's pace

Hilary Duff has finally filed for divorce from hockey player Mike Comrie a year after they initially announced their separation. And if that doesn't seem like a long enough time to get the paperwork in order, on the filing itself Duff lists their actual date of separation as January 2013, according to TMZ. But hey, you have to be methodical in these things, right? Duff cites the old standby, "irreconcilable differences," for the split, and she's looking to make sure he doesn't get any piece of her finances or earnings, since they reportedly have a prenup. You'd think that would've helped speed things along, though.

Hilary Duff GETTY IMAGES

Benji shows off his smudgy new tattoo. INSTAGRAM/BENJAMINMADDEN

With this tattoo, I thee wed

Nothing says "I love you" like getting a woman's name tattooed somewhere on your body, right? At least that's the thinking of Benji Madden, who had wife Cameron Diaz's name emblazoned across his chest as a sign of his devotion. To be fair, though, Madden is already so tatted up that the new addition is kind of tough to make out amid all the other inky noise. Still, how romantic? I guess?

GETTY IMAGES

Best breakup-inspired albums

On March 16, Björk will release the physical version of Vulnicura, the album that leaked to the Internet in late January and became available on iTunes shortly thereafter. In nine new tracks, the Icelandic artist explores the consequences of the end of a relationship — specifically, hers with contemporary artist Matthew Barney. To mark the occasion, here's a selection of some of the most notable breakup-inspired albums from recent music history. **AFP**

The Visitors by Abba

Even in the land of Abba, with its peppy beats and optimistic lyrics, breaking up is hard to do. The Visitors, released in 1981, is the iconic Swedish band's eighth and final album, and the one that represents the collapse of the group. Benny and Frida had already announced their divorce when the band went into the studio, as had Agnetha and Björn. The breakup theme underscores the entire record and is particularly obvious in the track When All Is Said and Done.

Blood on the Tracks by Bob Dylan

Dylan wrote this album, released in 1975, after the breakdown of his marriage to Sara Lownds, his companion of a decade. While the divorce sent the singer-songwriter into a deep depression, it was arguably instrumental in bringing the world such classics as Tangled Up in Blue and You're Gonna Make Me Lonesome When You Go.

21 by Adele

No one likes to hear it when they're going through it, but sometimes a breakup is a blessing in disguise. For proof, look no further than Adele, who wrote her second album, 21, after parting ways with her companion at the time. Who can say whether the separation was inevitable, but at any rate, the young singer's career skyrocketed after she became single. The album sold over 20 million copies worldwide and scored a few Grammy Awards, and Adele even went on to pick up an Oscar in the following year for her contribution to the Skyfall soundtrack.

For Emma, Forever Ago by Bon Iver

In 2007, a certain Emma left her boyfriend Justin Vernon, who decided to mend his broken heart in a cabin in the woods of Wisconsin. Three months later, he returned to civilization with his new music project, Bon Iver, and an album with nine tear-jerking tracks. For Emma, Forever Ago quickly found favour with indie music critics, and the track Skinny Love went on to reach an even larger audience thanks to a cover by the singer Birdy.

Life is Good by Nas

"I was your Johnny Depp, you was my Janis Joplin," Nas raps on Bye Baby, a track from his 2012 album Life Is Good. The couplet is addressed to the rapper's ex-wife, the R&B singer Kelis, who had filed for divorce a few years earlier while pregnant. On the album cover, Nas holds her wedding dress across his lap and wears a dissatisfied expression, suggesting that life is not actually so good after all.

Vinyl history

The singular matter of the 1.5-inch hole

SOUND CHECK
Alan Cross
scene@metronews.ca

If you've ever purchased music on vinyl, I guarantee this question has crossed your mind: "Why is the hole in the middle of a seven-inch single so big?" The answer is fascinating.

For 50 years, the maximum capacity of a record — the standard 10-inch 78 RPM single — was four minutes. Then in June 1948, Columbia Records introduced the 12-inch long-playing album — the LP — which spun at 33 1/3 RPM and had a capacity of about 20 minutes per side. It was now possible to fit an entire classical work on just two sides of a record.

Columbia offered to license this technology to other record labels. But RCA, their main rival, would have none of it. Annoyed that Columbia had exploited technology RCA had pioneered but abandoned back in the '30s, they came up with a new innovation: the seven-inch 45 RPM single. RCA's reasoning was that people were used to one song per side of a record. Why change now?

And then there was the matter of the hole.

The hole for Columbia's LP fit what had become the standard record player spindle size: about three-tenths of an inch. The 45's hole was a whopping 1.5 inches for two reasons. First, RCA was a manufacturer of record players. They saw an opportunity to create a new format that could only be played on RCA machines made with permanent six-inch tall spindles 1.5 inches in diameter.

Users could stack a half-dozen 45s above the platter. Once a record was over, the tonearm would swing away and the next 45 would drop into place. No more changing records every four minutes, which essentially equalled the listening experience offered by the LP.

But if a record was going to drop from a height of six inches to a platter rotating at 45 RPM, engineers knew it would be subjected to a substantial amount of torque, force that would soon wear a traditional-sized hole into an out-of-round shape, resulting in wobbly turns that would damage the record. The hole had to be bigger to evenly distribute the shock of a seven-inch going from 0 to 45 RPM almost instantly.

Of course, it was easy enough for non-RCA companies to make turntables that could run at 45 RPM. And to defeat the proprietary hole size? A little insert first manufactured by the Webster Chicago Company in 1950.

Nice try, RCA.

ISTOCK

Sleater-Kinney makes a surprise comeback

Earlier this month, when the three members of Sleater-Kinney took the stage together for their first full show in almost a decade, singer and guitarist Corin Tucker felt overwhelmed.

"The physicality of it was very intense," she says. "It's a very physical thing to do Sleater-Kinney." The band, which also consists of guitarist and singer Carrie Brownstein and drummer Janet Weiss, went on hiatus after their 2005 album, The Woods. Tucker concentrated on family life and a solo project called The Corin Tucker Band while Brownstein and Weiss played in the band Wild Flag. We talked to Tucker about reviving the iconic group. They play Toronto in March, and in Vancouver in May.

Tell me about the secrecy involved in this reunion.
We weren't that secretive about it. We would tell people what was going on, when asked, and it was a "Just between you and me, this is what's going on" thing, so we told probably about 200 people, including Sub Pop, everybody there knew for a while what was going on. It's surprising to me that it didn't get out more than it did.

Sleater-Kinney BRIGITTE SIRE

One of the most riveting things to watch onstage with Sleater-Kinney was always the almost telepathic communication between band members.
Yeah, I mean, there definitely is that chemistry, and I think just in the four shows that we've done, there's already been a lot of that going on. I think the first show was almost like a little bit shocking to be a band again, in a good way!

PAT HEALY/METRO IN NEW YORK CITY

Followup

Lorde to start work on second album

In a visit to Australian radio station Triple J, Lorde collaborator Joel Little revealed the pop singer is set to return to the studio next month to work on the followup to Pure Heroine.

A fellow New Zealander, Little was heavily involved with writing and producing Lorde's debut 2013 album, and the two have continued to collaborate since. They earned a Grammy Award for Song of the Year for the Pure Heroine single Royals.

When asked how soon a second album might be expected, Little answered: "Really soon. Within the next month or so we'll be in the studio." **AFP**

Lorde
GETTY IMAGES

Skin care from the inside out

Besides treating your skin gently by taking shorter showers and moisturizing, you could be doing more to keep it looking and feeling healthy during winter and beyond. Cut out as much sugar as possible because it makes you age faster by interfering with collagen production. Keep green tea handy since it's packed with catechins that boost blood flow. And add these foods to keep your cheeks rosy.

EVA KIS
Metro in NYC

Dark chocolate

Is there anything cocoa can't cure? Opt for dark chocolate that's at least 70 per cent cacao — a German study found that the high concentration of flavanols helps thicken skin and boost hydration.

Olive oil

Whether it's the polyphenols keeping free radicals at bay or monounsaturated fatty acids lubricating skin from the inside out, a 2012 study found that women who ate more than two teaspoons a day showed 30 per cent fewer signs of aging. Look for the cold-pressed and extra virgin kind, which doesn't lose nutrients during processing.

Sardines

Give these little fish a try. Their omega-3 content is similar to salmon, and those healthy fatty acids are working to keep skin supple by supporting elasticity.

Fill your basket with these foods to incorporate into a skin-care routine. ISTOCK

Kiwi

They're packed with nearly twice as much vitamin C, pound for pound, as oranges, a vitamin that boosts collagen production, firms your skin and reduces dryness.

Sunflower seeds

A teaspoonful on your salad is enough to get about a third of your daily vitamin E (which should already be part of your skin care routine). It also has zinc. Both nutrients strengthen cell membranes for a smoother complexion.

Kale

As if kale needed another thing to add to its resumé. For your skin, it contains the powerful antioxidants lutein and zeaxanthin that eliminate free radicals. Bonus: Kale also contains vitamin C.

VOLUNTEERS NEEDED
BRAIN RESEARCH STUDY

We are looking for healthy men between the ages of 19 & 85 and healthy women between the ages of 30 and 85 who are interested in participating in research using P.E.T. (Positron Emission Tomography)brain scanning.

Potential candidates should not have Parkinson's disease, depression, or other memory or mood disorders, nor a first degree relative with Parkinson's disease. Female candidates cannot participate if they are pregnant or breastfeeding.

If you are interested in becoming involved please contact Jenna Smith-Forrester at the Pacific Parkinson's Research Centre at 604-822-7705 for more information.

Pacific Parkinson's Research Centre
UBC Faculty of Medicine
Vancouver Coastal Health Authority

Laser Acne Treatment

Get CLEAR Skin!
- Manage Blemishes
- Prevent Breakouts
- Improve Scarring

1st Treatment ONLY $50

604-255-2737
www.ElectraLaserHairRemoval.com
ELECTRA LASER
HAIR REMOVAL & SKIN REJUVENATION EXPERTS
L12 - 955 Hornby St. Vancouver

Your opinion makes us BETTER.

Join the Metro News Online Reader Panel and provide feedback on recent stories, ads, new features and more.

Join www.Metronews.ca/panel

metro

This recipe serves 10. TERESA ALBERT

Take comfort in these low-cal cabbage rolls

Casseroles. This is one recipe where cutting corners yields some great results

Comfort food casseroles used to take too much time and cost too much in terms of calories, but with a few smart shortcuts, they can be your weeknight secret.

In these rolls, I used PC instant brown rice, which saved me 40 minutes and layered the cabbage rather than roll each individual one.

Directions

1. Bring broth and water to boil in a very large pot. Cut core from cabbage centre and drop, cut part facing down into broth.

Allow the liquid to return to the boil to loosen and soften leaves.

2. Remove cabbage from liquid and peel off 12 large leaves of cabbage.

3. Add rice to the broth, cover and simmer for 10 minutes. Stir in Italian seasoning and garlic powder.

Empty into a large bowl and set aside.

4. In the same pot, cook grated onions and carrots in a little oil until soft and add to rice bowl.

5. Use the same pot to cook ground beef in 1/2 cup water until fully boiling and cooked through.

Pour off all water and fat through strainer and add to the rice pot. Next, add half a jar of tomato sauce to the rice.

6. Roll cabbage leaves lengthwise and cut across the grain to make strips and lay half into the bottom of a casserole dish.

7. Top with rice and beef mixture. Top with remaining chopped cabbage leaves and remaining tomato sauce.

(Can be stored in the fridge up to 2 days at this stage).

8. Cover with foil and bake 375 degrees for 20 minutes.

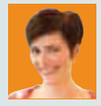
Ingredients

- 2 cups beef broth
- 1/2 cup water
- 1 head Savoy cabbage
- 2 cups instant brown rice
- 1 tbsp Italian seasoning
- 1 tsp garlic powder
- 1 tsp extra virgin olive oil
- 2 onions, grated
- 2 carrots, grated
- 1 tsp grapeseed oil
- 1 lb ground beef medium
- 1 jar tomato sauce

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Health check

Learn about what's on those labels



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Was your New Year's resolution to read labels more vigilantly? Didn't think so, but it could be one key thing standing between you and your health.

Studies show that knowing which package is better for you does influence your purchase.

Of course, if you are buying fresh fruits and vegetables, you don't need a label because there isn't one thing in that section that is unhealthy.

The tricky bit is the time it takes to compare products while standing in the aisle.

But there are shortcuts:

- Look only at the ingredient list. It should be very short and contain only whole foods
- The per cent daily value of sodium represents your maximum for the day, so each snack food should be less than 15 per cent per serving.
- The less sugar the better, no matter the source (including fruit!)
- Whole frozen meals should represent less than 500 calories per serving and you should be careful to only have the specified serving size

Be sure that you are filling at least half of every plate with items from the fresh produce aisle and you can't go wrong.

Nutrition Facts
Serving Size 2/3 cup (51g)
Servings Per Container About 9

Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
Calories	240	280
Calories from Fat	70	70
	% Daily Value*	
Total Fat 8g*	**12%**	**12%**
Saturated Fat 2.5g	**13%**	**13%**
Trans Fat 0g		
Cholesterol 0mg	**0%**	**0%**
Sodium 50mg	**2%**	**5%**
Total Carbohydrate 37g	**12%**	**14%**
Dietary Fiber 3g	**12%**	**12%**
Sugars 13g		
Protein 4g	**8%**	**16%**
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	6%	6%

Snack foods should be less than 15 per cent of your daily value of sodium per serving.
ISTOCK

METRO NEWS VANCOUVER is 10 YEARS OLD!
ENTER FOR A CHANCE TO
WIN
VISIT clubmetro.com TO ENTER
A TRIP FOR TWO TO
MEXICO
PRIZE INCLUDES FLIGHT & ACCOMMODATION
*No purchase necessary. Terms & conditions apply.
For full contest details and conditions, visit clubmetro.com
Scan the skyline above with your Metro News app and collect the code for an extra chance to win.
Don't have the app? Download it now for FREE in the iTunes & Google Play store.
metro AR

SPORTS 4

Canucks' Miller flies home for MRI

NHL. Markstrom recalled from AHL Utica after Vancouver's No. 1 goalie injured Sunday

CAM TUCKER
cam.tucker@metronews.ca

Canucks goalie Ryan Miller was removed from Sunday's game and placed on the injured-reserve list. ELSA/GETTY IMAGES

It appears Eddie Lack will resume the role of Batman, but for how long remains to be seen.

Yes, that's a reference to John Tortorella's analysis of Vancouver's goalie situation last season, when Lack took over the No. 1 job after Roberto Luongo was traded.

On Monday, Canucks general manager Jim Benning told reporters that Ryan Miller has gone back to Vancouver to have an MRI and Jacob Markstrom has been recalled from the Utica Comets.

Miller was injured in Sunday's 4-0 win over the New York Islanders.

During the second period, Canucks forward Jannik Hansen went crashing into Miller, whose leg was caught under Hansen.

The Canucks goalie is now listed on injured reserve.

"We won't know the extent of it until he gets the MRI done," Benning told reporters. "We're hoping it won't be too long but we'll have a better idea in the next couple of days."

At the time Lack took over, the Canucks led 1-0.

Lack was solid. He was sensational and there was some luck mixed in there, too. He and Miller combined to shut out the Islanders. The Canucks have now won twice in three games on this five-game trip, which continues Tuesday night in Boston.

Add it to the list of injuries the Canucks are dealing with.

Despite this, the Canucks woke up Monday morning second in the Pacific Division, with 34 wins and 71 points, and a three-point lead on the surging L.A. Kings.

Now the Canucks goaltending will face a test of depth.

Miller's first year in Vancouver has been up and down.

If he's out for any prolonged period of time, the Canucks' playoff hopes will fall primarily on the shoulders of the 27-year-old Lack.

Eddie Lack RICH LAM/GETTY IMAGES

This season didn't get off to a great start for Lack. But he's been much better of late, winning three of his last four starts.

Down in Utica, Markstrom has posted strong numbers, with a 1.95 goals-against average and a .932 save percentage.

"Eddie was the No. 1 goalie at the end of last year, so he can carry that load for us going forward. We're confident in him," said Benning.

Follow Cam Tucker on Twitter @camtucker_metro

WHL

Giants leaning on Lee in net

After Saturday's 1-0 win over the Kamloops Blazers, which saw Vancouver Giants' goaltender Payton Lee record his third shutout of the season, head coach Claude Noel said he'll start the goalie playing the best during their playoff push.

"As it looks right now (Lee's) taken the net," Noel said after practice Monday in Ladner.

Lee has started the last four games for the Giants and has recorded a .930 save percentage in the process. His shining moment came in the third period of Saturday's win when Lee made a glove save while falling onto his back.

Noel is looking to ride the hot hand. "Whoever's playing well just goes in," he said. "That's the way that it will go now."

With 12 games left in the season, the Giants are clinging to the third and final playoff spot in the B.C. Division.

Four of their remaining games will come against the Western Conference-leading Kelowna Rockets, a team Vancouver has yet to defeat, being outscored 21-10 in their four meetings.

Noel acknowledges those four games could be crucial to Vancouver's postseason dreams and noted that playing well defensively, apart from goaltending, is needed to beat one of Canada's top teams.

"How well we check before it gets to our goalies is going to be important," said Noel.

Noel admits the Giants will have to use both of their goaltenders at some point, but for now they'll look for Lee to be the starter. RYAN LEHAL/FOR METRO

Samsung GALAXY Note 4

TWO COUNTRIES
ONE UNLIMITED PLAN

Unlimited data & text; plus talk in Canada and across the USA.

$39/mo

OFFER ENDS SOON

WIND
true mobile freedom

Offers are valid as of February 2015 and are subject to change or cancellation without notice. All unlimited plan features in Canada are from anywhere on our network, otherwise long distance and roaming rates apply. $39 promotional plan cannot be combined with the Bring/Buy Your Own Phone offer. For eligible devices, the $39 plan may be activated in conjunction with WINDtab. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Learn more at WINDmobile.ca. © 2015 Samsung Electronics Canada Inc. All rights reserved. Samsung is a registered trademark of Samsung Electronics Canada Inc., and Samsung Galaxy Note 4 is a trademark of Samsung Electronics Canada Inc. and/or its related entities, used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecommunicazioni S.p.A and are used under license in Canada by WIND Mobile Corp. © 2015 WIND Mobile

Vancouver lands World Rugby Sevens Series event

BC Place. Next year's two-day tournament takes place in March

CAM TUCKER
cam.tucker@metronews.ca

The world is once again coming to Vancouver.

With the sun beaming down on Robson Square, one of the gathering points during the 2010 Olympics, Rugby Canada announced the World Rugby Sevens Series is coming to Vancouver and BC Place Stadium, beginning in March of 2016.

Rugby sevens, a style named for having seven players aside, is now an Olympic sport, and will be part of the program at the 2016 Games in Brazil.

The two-day tournament will bring 16 of the top rugby sevens teams in the world.

Canada's men's rugby sevens pose for a photo at Monday's press conference in downtown Vancouver. CAM TUCKER/METRO

The Vancouver bid was among 25 throughout the world, and the event has a four-year commitment in the city.

The event will also feature new turf at BC Place, said Graham Brown, CEO of Rugby Canada.

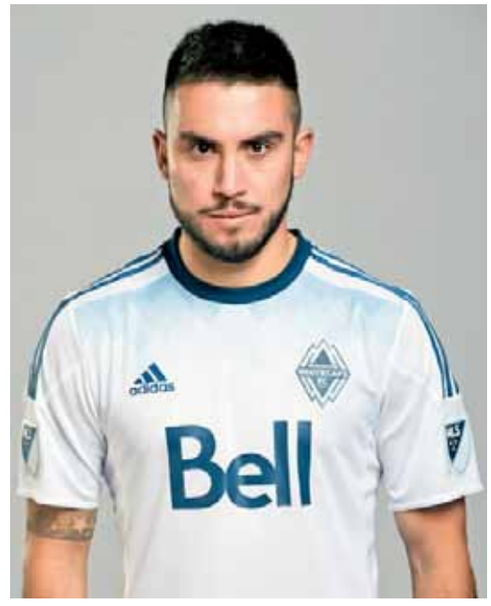
"We work so hard in the game, and have to work really hard for rugby in the country," said Brown.

"To finally have a pinnacle event come here, where our fans get behind it — so many Canadians travel around the world to watch our teams, and now to be able to travel to Vancouver and be here is awesome."

With fewer players on the field, rugby sevens is far more wide open. It's fast, yet still physical.

"We got an email saying, 'Boys, we gotta get to Vancouver,'" said Phil Mack, who is from Victoria and a member of the national sevens team.

"It was really exciting just knowing that all our times on the circuit, we get to do it in front of our home fans."



Whole new 'Caps landscape

Vancouver Whitecaps midfielder Pedro Morales shows off the club's new primary kit, which was revealed Monday. The Whitecaps will debut this new kit on March 7, when they're scheduled to play Toronto FC at BC Place Stadium. According to the club, the new kit includes sky blue reflections, based on the peaks from the club's logo, which symbolizes the water and mountains of Vancouver. COURTESY VANCOUVER WHITECAPS

Expect the unexpected

After a wild weekend in domestic play, here is a look at what to expect from the four Champions League games this week:

THE ASSOCIATED PRESS
Photos by Getty Images

Juventus faces wobbly Borussia

Juventus will not underestimate Dortmund when the Bundesliga strugglers come to Turin.

The two teams are enjoying very different seasons domestically. Juventus moved nine points clear at the top of Serie A at the weekend, while Dortmund only recently climbed out of the German league's relegation zone following three successive wins.

"Anything can happen over two matches," Juventus defender Giorgio Chiellini said.

Weekend results add intrigue at City

While Manchester City is coming off a 5-0 thrashing of Newcastle, Barcelona saw its 11-game winning streak end in a 1-0 home loss to Malaga on Saturday when Messi, Neymar and Luis Suarez were held in check.

"The loss is painful and deserved," Barcelona coach Luis Enrique said. "Time will tell if it affects the game in Manchester."

Injury worries have relented for City manager Manuel Pellegrini, too, meaning that suspended Yaya Toure is the only regular starter definitely missing.

Arsenal armed and dangerous

With eight wins in its last nine games, Arsenal heads into the first leg of its tie against Monaco in impressive form.

Arsenal has been eliminated at this stage of the competition in each of the last four seasons but will be confident its current winning momentum can help it overcome its French opponents over two legs.

Monaco goes into the fixture off the back of a late 1-0 win at Nice on Friday, with substitute Bernardo Silva scoring five minutes from time to secure three points.

Bayer ripe for Atletico strikers

Roger Schmidt's Bayer Leverkusen side has been dropping points by conceding injury time goals in recent games — drawing 2-2 at Augsburg and losing 5-4 to Wolfsburg the weekend before.

Atletico Madrid's strike pair of Mario Mandzukic and Antoine Griezmann are proving effective this season, with 37 goals (20 and 17, respectively) across all competitions in their first season at the club. They'll be a handful for Bayer.

NHL

Schneider shuts out Coyotes

Cory Schneider had 38 saves for his third shutout of the season and the New Jersey Devils posted their first four-game winning streak in two years with a 3-0 decision over the fading Arizona Coyotes on Monday night.

Scott Gomez tallied on a first-period breakaway and Mike Cammalleri had breakaway and empty-net goals in the third period for New Jersey.

THE ASSOCIATED PRESS

NBA

Pelicans put 2nd-half hurt on Raps

Alexis Ajinca capped a 16-point performance with a go-ahead layup in the final minute, and the New Orleans Pelicans erased an 18-point deficit en route to a 100-97 victory over the Toronto Raptors on Monday night.

Luke Babbitt scored 18 for New Orleans, including a clutch three-pointer that gave the Pelicans their first lead of the game with 1:55 to go.

THE ASSOCIATED PRESS

FREE YOURSELF FROM DEBT
Call us for a Free Consultation and get a Fresh Start
ABAKHAN & Associates Inc.
Proposal Administrators Trustees in Bankruptcy
Serving the Lower Mainland including the Fraser Valley and Tri-city areas
Vancouver 604-689-4255
Surrey 604-576-2262
AAidebt.ca
Nicole Clarke Proposal Administrator
Brett Luckin Trustee

Nash predicts 'golden age' for Team Canada

Steve Nash speaks to reporters on Monday in Toronto. THE CANADIAN PRESS

Mixed emotions.
GM of the national team is excited for the future but sadly his own playing career is probably over

Steve Nash is grappling with his frustrating final days in the NBA, but he says he's thrilled with the promising careers of his fellow Canadians.

The 41-year-old former NBA MVP has been sidelined for the season — and very likely the rest of his career — with a debilitating back injury, and he said the adjustment hasn't been easy.

"I'm basically just trying to get a little space and see where my head's at, while still focusing on some things and also trying to get a new perspective, because it's been a pretty tough fight over the last 18 months or so," Nash said.

"So just getting a little space and seeing how my mind and body responds."

The Los Angeles Lakers guard was in Toronto for a sponsorship announcement Monday, and while he spoke to reporters at length about Canada's young stars such as Andrew Wiggins, questions about his own NBA future and his health were off-limits.

Nash wished Wiggins a happy birthday — the Minnesota Timberwolves rookie turned 20 on Monday.

"Andrew's been phenomenal," Nash said. "He's very young, he has a bright future, and his rookie season has been incredible. I don't think people understand what a jump it is from college to the pros and sometimes how difficult it can be to be in a position he's in where he's asked to do a lot and grow on the fly like that."

Wiggins leads all rookies in scoring, has won three consecutive NBA rookie of the month awards and was the MVP of the Rising Stars game during all-star weekend.

Nash is the general manager of Canada's men's team, and said with the emergence Wiggins and others, this is a golden age for the sport in this country. "This age is beyond a golden age," Nash said.

"Let's hope though that it's not just a moment in time, and that we've turned a corner as far as how the game as grown." THE CANADIAN PRESS

Quoted

"This age is beyond a golden age."

LA Lakers guard and Team Canada's GM Steve Nash
On Canada's promising basketball future

MLB. Martin's arrival has Jays' Navarro eyeing exit

Toronto Blue Jays catcher Dioner Navarro, facing an uncertain future with the arrival of Russell Martin, confirmed Monday that he wants out.

The 31-year-old from Venezuela said he had asked the American League team for a trade back in November when Martin was signed to an US$82-million, five-year contract.

Navarro says nothing has changed. He wants to go to a team where he can play every day. He says he holds no grudges and will work hard the whole spring, hoping an opportunity comes his way.

But he acknowledged he was frustrated and a little disappointed that nothing has happened yet in terms of a new home.

"I don't know when did it go wrong, if anything did go wrong," Navarro said of his time with Toronto. "I'm just going to be ready and do my job." Navarro, who hit 274 with 12 home runs and 59 runs batted in last season, faces being a designated hitter and backup catcher with the Jays.

He is on the final year of a two-year deal that will pay him $5 million this season.

While Navarro was professional and polite in speaking to the media, his public desire to leave the club was hardly the opening spring training message the Jays wanted.

Still manager John Gibbons, who spoke to the media before Navarro, said he understood his catcher's frustration.

"I can't blame him for not being happy. He's a competitor, he's a big-league player, a good one," Gibbons said, insisting there was a place for Navarro on the team. THE CANADIAN PRESS

Russell Martin and Dioner Navarro in Dunedin, Fla., Monday.
NATHAN DENETTE/THE CANADIAN PRESS

NFL

Seahawks to unveil new 1,000 seat 'fan deck'

CenturyLink Field will have an additional 1,000 seats for the 2015 NFL season under expansion plans officially unveiled by the Seattle Seahawks.

The Seahawks announced the planned expansion for one of the loudest venues in the NFL on Monday.

The area — called the "Toyota Fan Deck" — will include all padded seats. There will also be a partially covered open air viewing and gathering area with multiple televisions, a fireplace and food and beverage stands. The expansion is being done around the "12th Man Flag" that is raised before every Seahawks game. THE ASSOCIATED PRESS

MLB

Cabrera hopes to put healthy foot forward for Tigers

Detroit slugger Miguel Cabrera says it's too early to say whether he'll be ready for opening day.

Cabrera had off-season ankle surgery, but he says he hopes the hardest part of his recovery is over. He's been hitting in the cage, and he says every day he feels his ankle getting stronger.

Cabrera dealt with ankle problems last season, when the Tigers won the AL Central for a fourth straight year but lost in the Division Series to Baltimore. Cabrera dealt with ankle problems last season, when the Tigers won the AL Central for a fourth straight year but lost in the Division Series to Baltimore. THE ASSOCIATED PRESS

Service Directory

To advertise call 604.602.1002

FINANCIAL

FCR
S.U.C.C.E.S.S.
Information Sessions
Are you?
• An Internationally Trained Professional?
Nurse, Engineer, Tradesperson, Dentist, etc.
• A Canadian Citizen or Permanet Resident living in BC?
• Lacking affordable financial support for tuition, assessment, association or exam fees?
Contact us today, to see how we can help!
Canada
phone: 604.232.1100 email: FCRloaninfo@success.bc.ca
website: www.success.bc.ca/FCRloan/events

iMARKETING
WE PUT THE fun IN FUNDRAISING
Political Fundraising Call Centre
NOW HIRING
Experienced Outbound Call Centre Sales Reps
• Earn up to $700+ a week with guaranteed hourly wage + daily and weekly performance bonuses
• Flexi schedule for top performers
• Paid every Friday
• Attached to SkyTrain Station
• Fun sales driven atmosphere
• Full time and Part time available
• Seniors and Students welcome
Fluent English and Outbound Sales experience is required.
Call Jatin at 778 928-9041 or 604 681-5779 (EXT #2)

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Someone you believed was trustworthy will show their true colours. In a way, they have done you a favour — you know not to trust them again.

♉ Taurus
April 21 - May 21
If you find it hard to communicate with those around you over the next 24 hours, it may be the planets' way of telling you this is not a good time to discuss serious matters.

♊ Gemini
May 22 - June 21
Someone in a position of power will say something that annoys you today, not least because it seems to cast doubts on your expertise. Don't take it too seriously.

♋ Cancer
June 22 - July 23
You won't be sociable today but that's OK; you need time to plan your next move. Don't give up on a long-term ambition. It *can* be done.

♌ Leo
July 24 - Aug. 23
Spell out what it is you intend to do over the next few days so there can be no confusion. However, having made your plans public you must stick with them.

♍ Virgo
Aug. 24 - Sept. 23
Don't let anyone pressure you into making a hasty decision today, especially as it will be you who gets the blame if it all goes wrong.

♎ Libra
Sept. 24 - Oct. 23
Your mind may be sharp and clear but that does not mean the conclusions you reach will be right. Wherever possible, do your own research.

♏ Scorpio
Oct. 24 - Nov. 22
You may be tempted to rush through a task at top speed, but if you do, you may make a bad job of it. Do it right the first time.

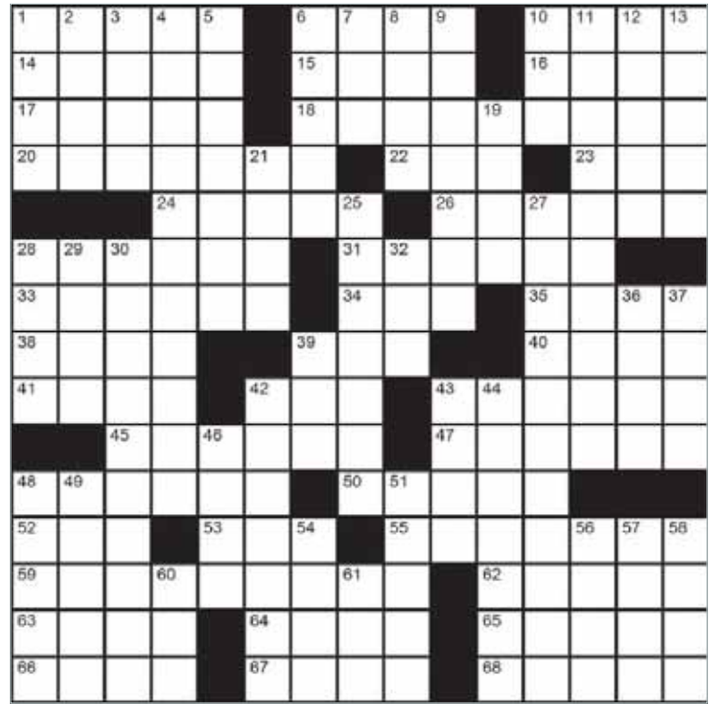
♐ Sagittarius
Nov. 23 - Dec. 21
Plan ahead but try not to actually do anything. If you give your brain a rest today it will be working better later in the week, when important decisions have to be made.

♑ Capricorn
Dec. 22 - Jan. 20
You are having doubts about something you thought was a great idea. But don't give up, because a few days from now your doubts will be gone and it will be a great idea again.

♒ Aquarius
Jan. 21 - Feb. 19
You are desperate to make an impression, but don't break the rules or, worse, break the law. The impression must be positive, not negative.

♓ Pisces
Feb. 20 - March 20
If someone asks you to help with a cause close to your heart, you will do so eagerly. But before you do, make sure you are dealing with professionals, not amateurs.

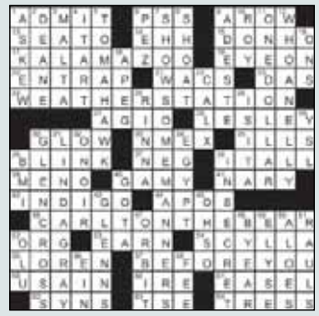
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Tim __, Canadian journalist to which Prime Minister Trudeau made his famous 'just watch me' quote in 1970
6. Hungry feeling
10. Company bosses, collectively [abbr.]
14. Then: French
15. Moulding type
16. ___ knot
17. __ __ 6 a.m., like an alarm clock
18. CBSC = Canadian Broadcast __ Council
20. Canadian cycling great Curt
22. Casual shirt
23. Newspaper in Calif.'s largest city [acronym]
24. __ lights (Movie set brighteners)
26. Frill
28. Ms. Lansbury
31. Magical potion
33. "Fifty Shades of Grey" actor Jamie
34. Ms. Richie, briefly
35. Poetically approaching
38. __ __ now (Up to this point)
39. 'Sure' signal
40. Computers: Prefix to 'byte'
41. Dry: Spanish
42. Silent
43. #29-Down's answer, informally
45. Epoch when ancestors of the modern horse appeared
47. Furniture polish brand
48. Stage musical, Bye Bye __
50. Goat-antelope of Japan
52. Whichever
53. __-la-la!
55. Dance judge Nigel
59. __-__ sweater
62. Prince William's brother
63. "The Bridge on the River __" (1957)
64. "This should come __ __ surprise..."
65. Uplift
66. Video game maker
67. Nashville, __.
68. Mister, in Madrid

Down
1. Foolhardy
2. Epithet for Athena
3. Tolkien's trilogy, tiny-ly
4. Genetically-modified grub
5. Canadian actress Ms. Warren
6. Mail, in Montreal
7. 007, e.g.
8. Tidy
9. Not a name brand
10. Kingston Trio hit
11. 1991 Matthew Sweet song
12. Track star's 'necklace'
13. Preference
19. Two: French
21. Vancouver-born actress Valerie
25. Making-organisms 'instructions'
27. Vancouver Canucks mascot: 3 wds.
28. "Cold Mountain" (2003) heroine, and others
29. Olfactory organ
30. Show on Oprah's network OWN starring two Canadians, "Anna & Kristina's __ __"
32. Jar's closer
36. Watered-down rum
37. Smog
39. Convent dweller
42. Kalahari Desert animal
43. Agile
44. Garments
46. Adduce
48. Gives support to
49. Floored: 2 wds.
51. Mr. John
54. Cove: French
56. "__ Torino" (2008)
57. "Is that for here __ __ go?" (Fast food query)
58. Glancer
60. __ Fail (Irish coronation stone)
61. Hostel

Yesterday's Crossword

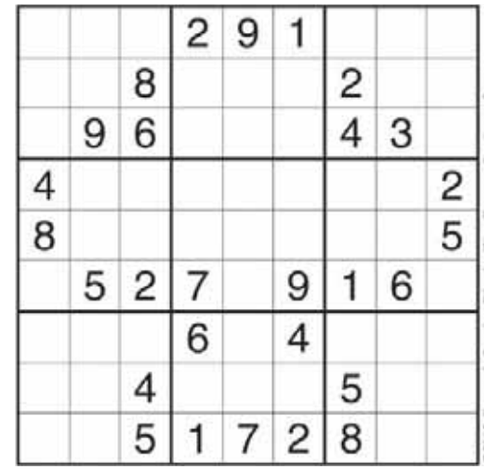


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Yesterday's Sudoku

8	1	2	6	4	3	5	9	7
5	9	6	2	8	7	3	4	1
7	3	4	9	5	1	8	6	2
2	7	5	8	3	6	9	1	4
1	4	8	7	2	9	6	3	5
3	6	9	5	1	4	7	2	8
9	2	1	3	7	8	4	5	6
4	8	3	1	6	5	2	7	9
6	5	7	4	9	2	1	8	3

Tax debt?- We can help with that.

Tax debt can be included in a consumer proposal, let us help you deal with CRA. Call for a **free debt consultation** and let us help you get solutions.

Grant Thornton

Now offering phone consultations.
Toll free **604 310 8888** visit **GTdebt.ca**
Proposal Administrator & Trustee in Bankruptcy
Grant Thornton Limited. A Canadian Member of Grant Thornton International Ltd

Amazing smartphones on sale now.

With network speeds up to 45% faster than before[1], LTE coverage in 35% more communities than the next largest competitor[2] and completely affordable rate plans there's never been a better time to switch to Bell.

Samsung Galaxy S5™

$99.95[3]

2-yr Plus plan with data

$699.95 No term

Samsung Galaxy Alpha™

$49.95[3]

2-yr Plus plan with data

$699.95 No term

LG G3

$0[3]

2-yr Plus plan with data

$699.95 No term

Sony Xperia Z3® Compact

$0[3]

2-yr Plus plan with data

$549.95 No term

New! Smartphone Price Match[4].

Find a lower price on a new smartphone and we'll match it.

Visit a Bell store • 1 888 4-MOBILE • bell.ca

Bell getting a new smartphone just got better

Get expert advice today.
Visit a Bell store near you:

ABBOTSFORD
- Sevenoaks Shopping Centre

BURNABY
- Brentwood Town Centre
- Crystal Mall
- Lougheed Town Centre
- Metropolis at Metrotown

CHILLIWACK
- Eagle Landing Shopping Centre
- Cottonwood Mall

COQUITLAM
- Coquitlam Centre

CRANBROOK
- First Pro Cranbrook

DAWSON CREEK
- 600 – 113th Ave.
- Dawson Mall

DELTA
- Scottsdale Centre
- Sunshine Village

FORT ST. JOHN
- 7920 Alaska Rd.
- Totem Mall

KAMLOOPS
- Aberdeen Mall
- Lansdowne Village

KELOWNA
- Dilworth Shopping Centre
- Orchard Park

LANGLEY
- Willowbrook Corner
- Willowbrook Mall

MAPLE RIDGE
- Haney Place Mall

NANAIMO
- Country Club Centre
- Woodgrove Centre

NEW WESTMINSTER
- Queensborough Landing

PENTICTON
- Peachtree Square

PITT MEADOWS
- Meadowtown Centre

PRINCE GEORGE
- Pine Centre

RICHMOND
- Aberdeen Centre
- Richmond Centre

SURREY
- 13630 – 72 Ave.
- 8363 – 128th St.
- Central City Shopping Centre
- Clover Square Village
- Guildford Town Centre
- Panorama Village
- Semiahmoo Shopping Centre

VANCOUVER
- 1147 Robson St.
- 698 West Broadway
- 2154 West 4th Ave.
- 2065 West 41st Ave.
- 1588 West Broadway
- 1008 West Georgia St.
- Capilano Mall
- Lynn Valley Centre
- Oakridge Centre
- Pacific Centre
- Park Royal

VERNON
- Village Green Mall

VICTORIA
- 3500 Uptown Boulevard
- Bay Centre
- Hillside Centre
- Mayfair Shopping Centre
- Tillicum Centre
- Westshore Town Centre

Also available at:

The SOURCE I WANT THAT

Offer ends March 31st, 2015. Available within network coverage areas available from Bell Mobility; see bell.ca/coverage. One-time connection charge ($15) and SIM card charge ($4.95) may apply. 9-1-1 government monthly fee in AB: $0.44. Taxes extra. Other conditions apply. If you end your Commitment Period early, a Cancellation Fee applies; see your Agreement for details. Subject to change without notice. **(1)** Based on comparison of the shared LTE network theoretical download speeds of up to 75 Mbps (expected average download speeds 12-25 Mbps) vs. the enhanced shared LTE network theoretical download speeds of up to 110 Mbps (expected average download speeds 14-36 Mbps). Actual speeds may vary due to topography, environmental conditions, device type and other factors. **(2)** Based on total number of communities covered by the shared LTE network available from Bell vs. Rogers' LTE network. **(3)** Available with new activations or upgrades with $80/mo. spend before tax ($60/mo. plan + $20/mo. for 500MB data) or a $60/mo. plan if adding to an existing account. Promotional pricing may apply; visit bell.ca/rateplans for details. **(4)** Advertised competitor price must be available in your province of residence at the time of purchase and monthly spend commitment and contract term must be identical to Bell's. You will need to provide at the time of purchase a current print or email advertisement, a photo of an in-store or outdoor advertisement or a printed website screenshot containing the details required for Bell to verify the offer. Transaction of price match must be done in participating stores only at the time of activation (not available online or by phone). The Smartphone Price Match Guarantee offer is only available at Bell corporate and dealer stores in Alberta, British Columbia, Manitoba, Saskatchewan, and in the Thunder Bay and Dryden areas. It is available for new postpaid activations or upgrades on consumer or small business account types at the time of activation. The price match cannot reduce your phone price below $0 and there is a maximum match of $150 per mobile line on each account. Bell reserves the right to verify the offer and available quantities before honouring the offer, as well as any fraudulent request submitted. Offer does not apply in case of publication of inaccurate advertisements. This offer applies only to new phones and is not eligible on refurbished and previously owned phones. Offer value not transferable. Limit of one claim per new activation or upgrade. Offer cannot be combined with other offers (unless otherwise specified) and subject to change without notice. Other conditions may apply. This offer excludes tablets, smart watches, mobile internet devices and trade-in bonuses. Samsung Galaxy S5 and Samsung Galaxy Alpha are trademarks of Samsung Electronics Co., Ltd., used in Canada under license. Sony is a trademark of Sony Corporation. Xperia is a registered trademark of Sony Mobile Communications AB. "LG", the "LG logo" and "LG G3" are the property of LG Corp and its affiliates.